

## CLAIMS

### WHAT IS CLAIMED IS:

1. A device for muscle training to mimic deep sea sports fishing comprising:

a) a frame;

b) a seating surface coupled to said frame;

c) at least one foot rest coupled to said frame and being adjustable in a position in relation to said seating surface in relation to a user's body dimensions;

d) at least one rod rotatably coupled to said frame;

and

e) at least one stress application unit coupled to said rod at one end and to said frame at an opposite end, wherein said rod is biased in a first position, by said stress application unit and rotatable to at least a second position

against a prestressed force from said at least one stress application unit.

2. The device as in claim 1, wherein said stress application unit comprises a spring coupled to a pre-stress device.

3. The device as in claim 2, wherein said pre-stress device has an electronic controller for controlling a level of pre-stressed tension of said stress application unit.

4. A device for muscle training to mimic deep sea sports fishing comprising:

a) a frame;

b) a seating surface coupled to said frame;

c) at least one foot rest coupled to said frame and being adjustable in a position in relation to said seating surface in relation to a user's body dimensions;

d) at least one bearing coupled to said frame;

e) at least one rod rotatably coupled to said frame via said bearing, wherein said rod has a first end and a second end, wherein said rod has at least two sections with a first longer section being disposed between said first end and said bearing and a shorter second section being disposed between said second end and said bearing; and

f) at least one stress application unit coupled at one end to said second end of said rod, wherein said at least one stress application unit is coupled to said frame at an opposite end, wherein said rod is biased in a first position by said stress application unit and rotatable to at least a second position against a prestressed force from said at least one stress application unit.